



# National Drug & Alcohol Facts Week 2017

## Bingo Vocabulary

- 1 Vaporizer**—a battery-powered device that heats the liquid inside a cartridge, creating a vapor that can be inhaled—referred to as “vaping.” The liquid can contain nicotine, flavors, and/or other drugs and chemicals.
- 2 Powdered caffeine**—a powerful stimulant that can cause accidental overdose in very small amounts. A single teaspoon of pure powdered caffeine is about the same as the amount in 28 cups of coffee.
- 3 Heroin**—a highly addictive drug made from morphine, a naturally occurring substance that comes from poppy plants. It is a psychoactive (mind-altering) substance that can bring a rush of good feelings and clouded thinking, as well as decreased heart rate and breathing. Heroin also causes vomiting, severe itching, coma, and possible death from overdose, killing more than 10,000 Americans every year.
- 4 Prescription Opioids**—drugs that relieve pain from surgery or injuries and usually require a doctor's prescription. They are in the same class of drugs as heroin and can be as addictive, especially if smoked or injected. Misuse of opioids can slow down and even stop a person's breathing, leading to coma and possible death, killing nearly 20,000 Americans every year.
- 5 Inhalants**—chemicals found in ordinary household or workplace products that people inhale on purpose to get “high.” Because many inhalants can be found around the house, people often don't realize that inhaling their fumes, even just once, can be very harmful and even deadly. Inhalants can cause brain damage as well as heart damage and liver failure.
- 6 E-cigs**—battery-operated devices, known as vaporizers, designed to deliver nicotine to the lungs without burning tobacco. While vaporizers can contain other drugs and flavorings, scientists are researching the safety of e-cigs with nicotine compared to tobacco cigarettes.
- 7 Cocaine**—an addictive stimulant drug that comes in two forms: powder cocaine and Crack. Powder cocaine is a white powder while Crack is a form of cocaine that has been processed to make a rock crystal that people heat and smoke. Health effects include higher body temperature and heart rate, sleep problems, and increased risk of heart attack, stroke, and seizures.
- 8 Flakka**—a nickname for “bath salts,” which are drugs that contain man-made stimulants called cathinones. Bath salts are usually a white or brown crystal-like powder and are sold in small plastic or foil packages labeled “Not for Human Consumption.” Along with energizing effects, Flakka can cause paranoia, as well as muscle breakdown and kidney failure.
- 9 National Drug and Alcohol IQ Challenge**—an interactive online quiz to test your knowledge about drugs and alcohol. **The challenge is composed of 10 questions about drugs and two Brainiac questions that test your knowledge of the brain.** It is available on the NIDA for Teens website.
- 10 Drugs and Health Blog**—a blog written by the NIDA specifically for teens to address hot topics and answer common questions about drugs and alcohol. It can be found at [teens.drugabuse.gov](http://teens.drugabuse.gov).
- 11 MDMA (Ecstasy/Molly)**—a man-made drug that produces energizing effects similar to stimulants called amphetamines, as well as effects that distort a person's sense of reality. MDMA can also cause the body temperature to become so hot that it can lead to liver, kidney, or heart failure, which is why people at crowded dance parties are at risk for harm when using it.
- 12 Hallucinogens**—drugs that distort a person's sense of reality, often causing hallucinations—sensations and images that seem real but are not. Examples include LSD, psilocybin (or “mushrooms”), and ketamine. Hallucinogens can cause various health effects, which include feelings of relaxation/detachment, excessive sweating, panic, paranoia, and violent behavior.
- 13 Methamphetamine**—a very addictive, man-made stimulant drug, also known as meth or Speed. It can boost mood and increase feelings of well-being, energy, and alertness. But it can also have dangerous effects like raising heart rate and blood pressure and destroying a person's teeth.
- 14 Drugs and Alcohol Chat Day**—an annual, live, online chat held between high school students and NIDA scientists during National Drug & Alcohol Facts Week. Students from around the country anonymously ask real, honest questions about drugs, including the effects of drugs on the brain and body; how to help friends or family who are using drugs; and the causes of addiction. The NIDA's expert scientists give them the facts. You can find Chat Day transcripts on the NIDA for Teens site.
- 15 Steroids**—man-made substances related to testosterone (male sex hormone). Bodybuilders and athletes may use anabolic steroids to build muscles and improve athletic performance, often taking doses much higher than would be prescribed for a medical condition. Using them this way is not legal—or safe. Teens who use steroids can get terrible acne and stunt their growth. Young men can develop breasts and experience shrinking testicles. Young women can grow excess facial and body hair but lose hair on their heads.



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**16 Tobacco**—a leafy plant that contains the highly addictive chemical nicotine. Tobacco leaves are most often burned to create a smoke that is inhaled from cigarettes, cigars, and other products, delivering deadly chemicals to the body. Tobacco can also be chewed. Whatever the product, tobacco use is the leading preventable cause of disease, disability, and death in the United States, leading to cancer and heart disease.

**17 Marijuana**—a mixture of the dried and shredded leaves, stems, seeds, and flowers of *Cannabis sativa* — the hemp plant. It contains the mind-altering chemical THC. Some states have legalized marijuana for medical or recreational use. However, more research is needed to determine its safety and effectiveness. Marijuana can lead to lung problems and can be addictive. Marijuana use can also contribute to issues with memory, learning, and mental health, including psychosis.

**18 Spice**—a mix of shredded plant material sprayed with man-made chemicals to produce mind-altering effects. Also known as K2, Spice is often called “synthetic marijuana” or “Fake Weed” because some of its chemicals are similar to the ones in marijuana. But its effects are sometimes very different from marijuana and frequently much stronger. Spice can cause nausea, increased risk of heart attack, violent behavior, and suicidal thoughts, and it can be addictive.

**19 SHATTER THE MYTHS™, SM**—a phrase that the NIDA uses to highlight the fact that young people are bombarded with myths about drugs from music, TV, movies, and social media. The NIDA is shattering those myths by producing reliable science and posting findings on our main site and our teen site. The NIDA encourages young people to research what they hear, using a reliable, scientific source.

**20 LSD**—a powerful drug that distorts a person's sense of reality. Made from a compound found in a fungus, LSD is clear or white and odorless. LSD can be tablets or soaked into paper pieces that people put in their mouths. Health effects include sleeplessness, trembling, and raised heart rate and blood pressure. People who use LSD can have intense feelings and hallucinations (perceiving unreal and distorted things), including extreme terror. Their senses may seem to mix, as though they are hearing colors and seeing sounds. In rare cases, LSD causes flashbacks — sudden repetitions of LSD experiences — days or months after use.

**21 NIDA for Teens**—a website ([teens.drugabuse.gov](https://teens.drugabuse.gov)) that helps educate young people about the truths and the myths surrounding drugs and alcohol. The website has blog posts, fact sheets, videos, and interactive games.

**22 NIDA for Teachers**—a website ([teens.drugabuse.gov/teachers](https://teens.drugabuse.gov/teachers)) that helps teachers develop classroom activities about the scientific truths and common myths about drugs and alcohol. The site offers many teaching tools, including blog posts, fact sheets, videos, interactive activities, and lesson plans for classroom use.

**23 Alcohol**—a colorless, flammable liquid that is the intoxicating substance found in beverages such as beer, wine, or whiskey. When people drink alcohol they can become intoxicated, have a harder time making good decisions and recognizing danger, and be more likely to engage in risky behaviors. Repeated drinking can affect the ability to learn and can lead to an alcohol use disorder. Alcohol mixed with drugs can be especially dangerous..

**24 Prescription Drugs**—medications that can help a person when properly prescribed for an illness or condition, but can become addictive when misused. Examples include opioid pain relievers (OxyContin®, Vicodin®), sedatives (Vicodin®, Xanax®), and stimulants (Adderall®, Ritalin®). Prescription drug misuse is when someone takes a medication that is prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason — like to get high.



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